**Emerald Health and Wellness -Week 1**

**Introduction to the Components of Health and Wellness**

***Objectives***

* The overall goals of a health and wellness program are to give you the educational tools to make healthy life style choices. These tools are different for everyone.
* Health begins with preventative care; this includes annual medical screenings, dental care, sun protection, seat belt use, stress reduction and a good night’s sleep.
* An inclusive program aims to improve your health and wellbeing while reducing your chances of developing preventable diseases.
* Wellness programs should begin with an initial screening; this may include weight, body mass index (BMI), Blood Pressure, blood tests and a fitness screen. The initial screening process helps individualize the programs so you are aware of your health status, so you “know your numbers” and can focus on the areas that YOU may need improvement
* Goal setting is essential to success, use your “Numbers” to set personal goals which are realistic and achievable.

***Weekly Topics Overview for the next 9 weeks***

* Healthy Diet Habits
* Lowering your Cholesterol
* Lowering or Maintaining Your Blood Pressure
* How BMI Effects Your Health
* Know your Numbers
* Work Safety and Ergonomics
* Importance of Physical Activity: Aerobic
* Importance of Physical Activity: Strengthening
* Stress Management
* Healthy Behaviors

***Know your numbers -Blood Pressure***

* Blood Pressure Is the force of blood against the walls of the artery Blood pressure is the force of blood against the walls of the artery. It is recorded as 2 numbers systolic is the pressure as the heart beats and diastolic, the pressure when the heart is relaxed between beats
* A target blood pressure is 120/80 or less. pressure reduces the risks of heart disease, kidney disease or stroke
* **Pre hypertension** Means you do not have HNT/HBP but you have a higher risk develop it this is a number **over 120/80 and under 140/90**. If your blood pressure is **over 140/90** then you may have **hypertension** and should follow up with your physician.
* To lower your blood pressure you can eat a low sodium(less than 2000mg), high potassium diet, limit alcohol to less then2 drinks per day for men and 1 drink per day for women, quit smoking if applicable ,reduce stress, incorporate aerobic exercise 3 or more days a week..... ....For 45 minutes each session and maintain a healthy weight.
* Even after 1 weeks individuals can see positive changes in your BP when taking care to modify all variables we just discussed

***Know your numbers -BMI***

* BMI is Body Mass Index is a reliable **indirect** indicator of body fatness it is a number based on height and weight. This number is a screening tool to identify weight categories that might lead to health problems. Elevated BMIs can increase your risk for HNT, Type 2 Diabetes, cardiovascular disease, Osteoarthritis, respiratory problems and some cancers
* Normal BMIs for adults range from 18.5-24.9
* BMI can be modified with a healthy diet, and exercise to include aerobic and strengthening more then 3 days a week

***Know your numbers -Lipids***

* Cholesterol is a fat (lipid) that every cell in your body needs. However the liver is capable of manufacturing this. There are many types, we will focus on LDL, HDL and Triglycerides
* Elevated cholesterol contributes to heart disease and stroke in addition to several other medical diagnoses
* HDL (good) , your target range is greater than 40 ( the high numbers are better) this number can be improved with exercise and smoking cessation as well as some medications
* LDL (bad) A target of less that 130 is suggested with an optimal number under 100. If you have other risk factors for coronary artery disease and diabetes a target of under 70 is recommended.
* To improve your cholesterol you can modify your diet to reduce the amount of high cholesterol foods like eggs, red meats, ice cream and full fat dairy. Also lowering carbohydrates (especially processed carbs) may help cholesterol. Note select food like Bagels, donuts, muffins, butter, mayo and cheese and too much chocolate can significantly elevate your LDL cholesterol.  An inactive life style and high alcohol use can contribute to elevated cholesterol levels.
* Triglycerides are a measure of stored energy that if not used will turn to fat. Target range is 35-160mg/dl (lower numbers are better) to decrease Triglycerides a diet of low carb (avoiding refined/processed carbohydrates) and increased exercise is recommended. Fish oils which are rich in omega-3-fatty acids can also help with triglyceride control.

***Know your numbers -Sugars***

* Diabetes commonly Diagnosed 3 ways
  + - Fasting Blood Glucose > 125 (2 readings)
    - Glucose tolerance testing
    - HbA1C > 6.4
* HbA1C- is an indirect measure of glucose control in your body over the past 2 months
  + - 5.4-6.4 suggests a trend of high sugars
    - Preventative care is suggested to include a diet of reduced processed carbohydrates- more complex carbs- reduced alcohol intake and aerobic exercise 3 or more days a week.

***Goal Setting***

* Start with small weekly achievable goals
* Write them down Track your progress
* Reward yourself for success
* Be realistic
* The key to making and maintaining the life style changes is to enjoy the process

***Personal Challenge of the Week***

* Write down 2 health goals you wish to achieve in the next 7 days
* Tell someone
* Reward yourself for achievement!

***References***

* [www.nhlbi.nih.gov/hpb](http://www.nhlbi.nih.gov/hpb)
* [www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight)
* [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov/)